

New Hampshire Population Projections
for State and Counties
2005 to 2025
December 2002

1. Introduction

The New Hampshire Office of State Planning has been, preparing projections or forecasts of future population for the state and its political subdivisions since, at least 1964. The projections have been used by a wide variety of government agencies and private interests to guide public policy, gauge market potential and quantify future target populations. The projections can be applied directly and unaltered to guide public or private endeavors. The projections can also serve as a *beginning*, or point of departure in developing further projection efforts, or refining existing ones. The OSP encourages the use of these projections to evaluate other projections. The U.S. Bureau of the Census has projected New Hampshire's population independently from the Office of State Planning.

The timing of the OSP projection is a direct result of the availability of demographic data from the US 2000 Census of Population and Housing. Census data were combined with birth and death data from the NH Bureau of Vital Records to develop survival and fertility rates. The births and deaths span the nineties and allow rates to be specific to New Hampshire. National survival and fertility rates were not used.

The projections are processed by a complete cohort survival method. This technique breaks the population into 36 age/gender cohorts. Each cohort has its own survival rate and migration rate. Fertility rates are also applied on an age specific basis. The technique is processed by spreadsheet software, programmed by RLS Information Services of Berne, NY.

In 2002, OSP received augmented funding and technical support from the NH Department of Health and Human Services, Division of Elderly and Adult Services for the preparations of the projections contain herein. The support provided by the DHHS is part of its mandate under (Senate Bill 132) RSA 152:2; which directs DHHS to coordinate a review of demographic trends in New Hampshire and the impact of such trends.

2. State Projections

New Hampshire has experienced strong population growth for 40 years. The consistency of the growth trend over such a long period of time is remarkable. The reasons for the sustained growth is a source of perennial debate. Most debates are subjective in nature. This is probably due to the complexity, multiplicity and interrelatedness of the forces involved.

It is known that the nation's population centers began to decentralize before World War II. Decentralization continues to this day, driven by a complex and intertwined set of social, economic, demographic and technological factors. Early in the movement, the rising cost of labor stimulated industry to build one story factories, which facilitated assembly lines and automation. The land for such factories was too expensive in or near centralized business districts, so new plants were built, just outside of existing population centers.

After WW II, existing decentralizing forces were reinforced. National mortgage insurance programs (FHA and VA) favored new construction over renovation. The value of land on small marginal farms was kept low by the lack of heavy farm subsidies. Road building programs, initially begun by state governments, allowed for more extensive use of cars and trucks, which allowed a lower density land use pattern. Then, in the mid-fifties, the federal government began the interstate highway system. This road network became its own force for decentralization as well as augmenting existing decentralizing pressures. By the early to mid-sixties New Hampshire was connected by two interstate roads, to the Boston Metropolitan Area. In fact for demographic purposes, 1960 is a benchmark in the NH experience.

In the sixties, New Hampshire grew more than it did in the 40's and 50's combined, and the growth continues to this day. Table - 1 shows some detail of the 40 year growth trend. Even since the completion of the Interstate System, the fundamentals for decentralization have broadened. Modern industry is no longer tied to port facilities, resource base or even market location. It makes little difference where a software, or a data processing operation is located. Manufacturers of high value, light weight electronic products have similar freedom of location. Decentralizing forces have made NH one of the faster growing states in the country.

Table - 1
Change in Total Population for New Hampshire
1960 to 2001

| Time Period | Total Population | | Average Persons per Year Change |
|-------------|------------------|-------------------------|------------------------------------|
| | % Change | Rank Among States | |
| 1960 - '70 | 21.2 | 9th | 13,000 |
| 1970 - '80 | 24.8 | 13th | 18,200 |
| 1980 - '90 | 20.4 | 6th | 18,800 |
| 1990 - '00 | 11.5 | 22nd | 12,600 |
| | | | |
| 1995 - '00 | 7.8 | 16th | 18,000 |
| | | | |
| 2000 - '01 | 1.9 | 8th | 19,300 |

Often, industrial decision makers will rank life style considerations, just as important as business conditions. Today, low crime rates, high quality of schools and recreational opportunities are increasingly the new, industrial location factors. As telecommunications increase in speed and capability, and decrease in cost, more industries are likely to enjoy ever greater freedom of location in the future.

Assumptions - State

Any projection process necessarily relies on assumptions. This projection effort identifies two sets of assumptions, one for the state and one for the ten county components. The OSP projections are a step-down process where the larger geography is projected first. Lower levels of geography (county and town) must conform in the aggregate to the parent geography. This is to say, that the state's ten counties must sum (roughly) to projected state totals. This discipline obviously means the growth rationale (and subsequent mathematical expression of that rationale) for the state will have a determining impact on projections for the ten counties.

As alluded to above, there are many complex, interwoven reasons for New Hampshire's growth. Here, two prime assumptions are used to reflect and then quantify the many component factors of which they are composed.

The two prime assumptions that guide state projections are:

- \$ The decentralizing of population that has been underway in the nation will continue. New Hampshire will continue to be a destination for decentralizing population movement from other parts of the country, and especially from neighboring states.
- \$ Substantial growth is a forty year trend for New Hampshire. At this moment, there is nothing on the horizon that will significantly increase or decrease this trend. Although there have been fluctuations in this trend, these have occurred for relatively short periods of time. The state's tendency is to "return to trend" quickly, and this is assumed to continue. In the early nineties, the state experienced outright population loss. This was after several years of growth that approached 30,000 people per year. However the trend's predominant range is 13,000 to 18,000 person per year. The trend is carried forward, initially at the rate of 15,000 persons per year, until the year 2010. This is in the middle of the predominant range and a small reduction from recent growth rates. The latest data from the Bureau of the Census, indicates a slight slowing of the state's growth. In addition New Hampshire, along with the nation, is losing manufacturing employment. Job loss in this sector will likely not allow the state to maintain the recent 18,000 persons per year pace.

After 2010 a mild tapering of growth occurs and the projection period is finished at a level of

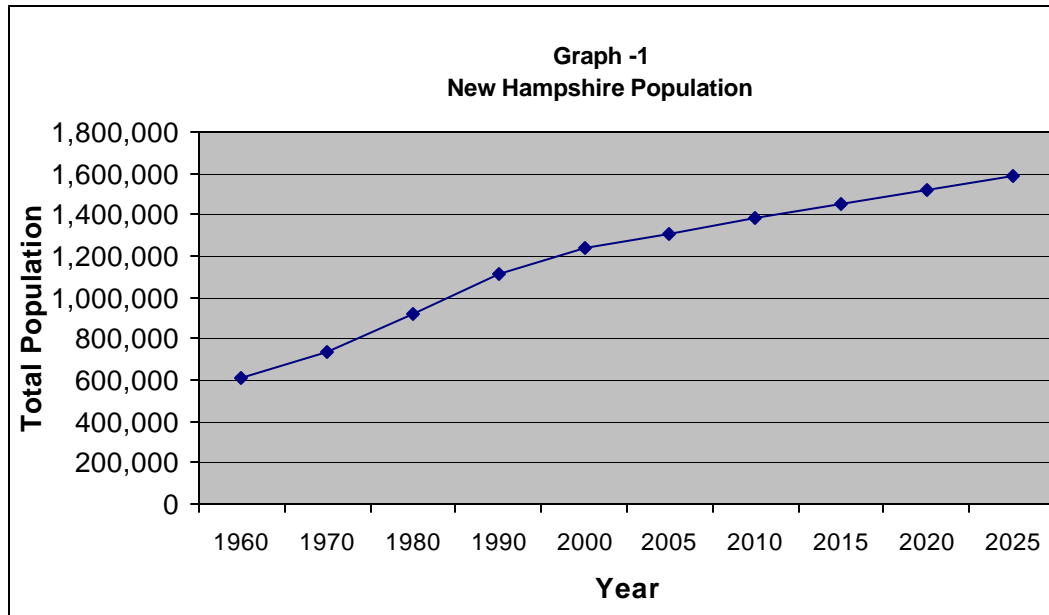
13,000 persons per year. This tapering should account for recessions, which slow the state's growth in the short term.

Tables - 1 and 2 and graph 1 outline and quantify New Hampshire's growth since 1960. Table - 2 shows the carrying of the trend forward into the future. Table - 1 presents greater detail about the established trend. In the nineties, the trend experienced a change, with only an average annual increase of 12,600 persons. This lower number actually represents both a weakening and strengthening of the trend. The lower growth for the nineties is the result of very severe economic recession in NH. From 1989 to 1992 the state lost 21,000 jobs. In addition, Pease Air Force Base was closed; 6,000 people had been living on the base. However, once the economic troubles passed, *the state returned to the established trend*. This is clearly shown in Table - 1; the growth rate for the second half of the nineties is almost exactly that of the two previous decades. The latest available population estimate shows that the trend continues, within the range of 13,000 to 18,000 persons per year.

Table - 2
New Hampshire Population Change, History and Projected
1960 to 2025

| Year | Total Population | Population Change during Interval | Average Annual Change: Persons per Yr. | Time Interval Years |
|------|------------------|-----------------------------------|--|---------------------|
| 1960 | 606,921 | | | |
| 1970 | 737,681 | 130,760 | 13,076 | 10 |
| 1980 | 920,610 | 182,929 | 18,293 | 10 |
| 1990 | 1,109,252 | 188,642 | 18,864 | 10 |
| 2000 | 1,235,786 | 126,534 | 12,653 | 10 |
| | | | | |
| 2005 | 1,310,786 | 75,000 | 15,000 | 5 |
| 2010 | 1,385,786 | 75,000 | 15,000 | 5 |
| 2015 | 1,456,786 | 70,000 | 14,000 | 5 |
| 2020 | 1,520,786 | 65,000 | 13,000 | 5 |
| 2025 | 1,585,786 | 65,000 | 13,000 | 5 |

Source: U.S. Census and NH - OSP projections



Assumptions - Counties

Given the projected state totals, above; the next phase of the projection process is to allocate total state population to the state's ten counties. Casual analysis divides the state into the slow growing north and the fast growing south. Table 3 shows that this is largely true; but there are exceptions.

Table 3
Trend of Counties' Share of State Population, 1960 to 2000

| | County Share of State Total | | | | |
|--------------|-----------------------------|------|------|------|------|
| County | 1960 | 1970 | 1980 | 1990 | 2000 |
| Belknap | 4.8 | 4.4 | 4.7 | 4.4 | 4.6 |
| Carroll | 2.6 | 2.5 | 3.0 | 3.2 | 3.5 |
| Cheshire | 7.1 | 7.1 | 6.8 | 6.3 | 6.0 |
| Coos | 6.1 | 4.6 | 3.8 | 3.1 | 2.7 |
| Grafton | 8.0 | 7.4 | 7.1 | 6.8 | 6.6 |
| Hillsborough | 29.4 | 30.4 | 30.0 | 30.3 | 30.8 |
| Merrimack | 11.2 | 11.0 | 10.7 | 10.8 | 11.0 |
| Rockingham | 16.3 | 18.8 | 20.7 | 22.2 | 22.4 |
| Strafford | 9.9 | 9.5 | 9.3 | 9.4 | 9.1 |
| Sullivan | 4.6 | 4.2 | 3.9 | 3.5 | 3.3 |

Cheshire, Sullivan and Grafton Counties lost state share and Coos County lost significantly. Rockingham gained significantly, the largest change in either direction. The remainder of the changes are fairly modest and are at least partly related to *county size*. Hillsborough County was, by far the largest county in 1960. To maintain this position, or even gain in state share, (as it did) required impressive

numerical growth. On the other hand, Carroll County increased its share rather notably. However Carroll had the smallest population base in 1960 and now ranks 8th among the ten counties.

Since 1960, New Hampshire's population has increased by about 629,000 people. More than 60% of this growth occurred in Hillsborough and Rockingham counties. The primary reason, of course, are the forces of decentralization, originating in the Boston Metropolitan area, and following the I-93 and I-95 corridors. How these two counties develop (relative to the state) in the next 25 years will have a corresponding impact on most other counties in the state.

The assumptions that guide county projections are:

- \$ Decentralization forces will play a role in county distribution. As stated, business investment and population settlement will likely have even greater freedom of location in the future. Because of this, a shift in growth, away from Hillsborough and Rockingham is assumed. This assumption is coupled with the decreasing availability and increasing cost of land in these two counties.
- \$ Merrimack and Carroll counties in particular will likely gain in state share of growth.
- \$ Employment at the paper mills in Coos County and at Portsmouth Naval Shipyard, in Rockingham County will continue at about the same levels.

In 2000, Hillsborough and Rockingham counties accounted for more than half (53%) of the state's population. Holding these counties' share of State population constant or decreasing them a bit, will result in significant projected population going to other counties. Table - 4 shows projected county shares of total state population.

Table - 4
Historic and Projected County Shares of State Population

| Place | County Share of State Totals | | | | | Projected County Shares of State | | | | |
|--------------|------------------------------|------|------|------|------|----------------------------------|------|------|------|------|
| | 1960 | 1970 | 1980 | 1990 | 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Belknap | 4.8 | 4.4 | 4.7 | 4.4 | 4.6 | 4.6 | 4.6 | 4.6 | 4.6 | 4.6 |
| Carroll | 2.6 | 2.5 | 3.0 | 3.2 | 3.5 | 3.6 | 3.7 | 3.8 | 3.8 | 3.9 |
| Cheshire | 7.1 | 7.1 | 6.7 | 6.3 | 6.0 | 5.9 | 5.8 | 5.8 | 5.8 | 5.8 |
| Coos | 6.1 | 4.6 | 3.8 | 3.1 | 2.7 | 2.5 | 2.3 | 2.3 | 2.3 | 2.3 |
| Grafton | 8.0 | 7.4 | 7.1 | 6.8 | 6.6 | 6.6 | 6.6 | 6.5 | 6.5 | 6.5 |
| Hillsborough | 29.4 | 30.4 | 30.0 | 30.3 | 30.8 | 31.0 | 31.0 | 30.9 | 30.9 | 30.7 |
| Merrimack | 11.2 | 11.0 | 10.7 | 10.8 | 11.0 | 11.1 | 11.2 | 11.3 | 11.4 | 11.5 |
| Rockingham | 16.3 | 18.8 | 20.7 | 22.2 | 22.4 | 22.5 | 22.6 | 22.6 | 22.5 | 22.5 |
| Strafford | 9.9 | 9.5 | 9.3 | 9.4 | 9.1 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 |
| Sullivan | 4.6 | 4.2 | 3.9 | 3.5 | 3.3 | 3.2 | 3.2 | 3.2 | 3.2 | 3.2 |

Combining the state projections with the projected county shares, results in projected population by county. Table P - 5 shows the resulting populations.

Table - 5
Projected County Population
compared to
Two Latest Censuses

| | U.S. Census | | Projected Population | | | | |
|------------------|--------------------|-------------|-----------------------------|-------------|-------------|-------------|-------------|
| Place | 1990 | 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Belknap | 49,216 | 56,325 | 60,296 | 63,746 | 66,966 | 69,956 | 72,946 |
| Carroll | 35,410 | 43,666 | 47,188 | 51,274 | 55,320 | 57,790 | 61,846 |
| Cheshire | 70,121 | 73,825 | 77,336 | 80,376 | 84,436 | 88,206 | 91,976 |
| Coos | 34,828 | 33,111 | 32,770 | 31,873 | 33,483 | 34,978 | 36,473 |
| Grafton | 74,929 | 81,743 | 86,512 | 91,462 | 94,626 | 98,851 | 103,076 |
| Hillsborough | 336,073 | 380,841 | 406,344 | 429,594 | 449,838 | 469,923 | 486,836 |
| Merrimack | 120,005 | 136,225 | 145,497 | 155,208 | 164,504 | 173,370 | 182,365 |
| Rockingham | 245,845 | 277,359 | 294,927 | 313,188 | 329,008 | 342,177 | 356,802 |
| Strafford | 104,233 | 112,233 | 117,971 | 124,721 | 131,021 | 136,871 | 142,721 |
| Sullivan | 38,592 | 40,458 | 41,945 | 44,345 | 46,585 | 48,665 | 50,745 |
| N.H. (in '000's) | 1,109 | 1,236 | 1,310 | 1,386 | 1,456 | 1,521 | 1,586 |

Population projections are not predictions. The projection process attempts to identify probable assumptions and then extend those assumptions, via a mathematical technique, into the future. By themselves, the projections herein can serve as a general guide to likely future population trends. The projections can also serve as a *beginning* to alternative projection efforts. The OSP encourages data users to view the projections herein as a point of departure in developing their own projections. Data users are also encouraged to use OSP's projections to evaluate other projection efforts. The U.S. Bureau of the Census has projected New Hampshire's population independently from the Office of State Planning.

Persons with questions regarding these projections should contact, the NH Office of State Planning, 2½ Beacon Street, Concord, NH, 03301. Telephone (603) 271-2155. TDD Access: Relay NH 1-800-735-2964

Highlights of the Projections

- The projections show an increase of 350,000 people (28%) by the year 2025.
- The population aged, birth to 14 is projected to decline 6% by the year 2015; then increase to about the same level it was in 2000 by the end of the projection period. The reason for this fluctuation is the aging of people born from 1977 to 1994. This cohort, often called the “echo generation” is relatively large. This segment of the population comprises the children of the post-war baby boom generation and is expected to be followed by a smaller age cohort. Sometime after 2015, the children of the echo generation will begin to make an impact and the birth to 14 cohort will increase again.
- The echo generation, will move into middle age during the projection period. In 2000 they were aged from about 6 to 23 years old. By 2025, the oldest members of this generation will be about 49 years old.
- Overall the projections show an aging population. The post-war baby boom (born 1946 to 1964) plays a central role in this process. The baby boom approaches the age of 65 in 2010. Up to that year the state’s percentage of population 65+ changes little. Between 2000 and 2005 it increases 0.4%. After 2010 the proportion increases about ten times as fast. In 2000, 12% of NH’s population was 65 or older. The projections show this proportion may be about 14% in 2010 and about 26% in 2025.
- Hillsborough and Rockingham counties account for 53% of the state’s population throughout the projection period. Carroll and Merrimack counties increase their combined share of state total population from 14.7% to 15.4% during the period. Coos county’s share of state population declines from 2.7% in 2000 to 2.3% in 2010 and holds that share for the remainder of the projection period.

The following tables show the age/sex detail of the projected county numbers, shown in Table 5. The totals in the age/sex tables differ slightly from those shown in Table 5.

This report and accompanying tables are available on the internet at:

<http://www.state.nh.us/osp/sdc/sdc.html> - click on, “population projections”. At this same site, the projection tables are available in a Microsoft Excel (.XLS) file. This file provides age/gender detail and tables with no gender detail.

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|--------|--------|--------|--------|--------|
| Population Projections | | | | | | |
| Published - December 2002 | | | | | | |
| v. Dec 5, 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Belknap Co | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 3,003 | 3,006 | 3,074 | 3,146 | 3,103 | 3,042 |
| 05-09 | 3,770 | 3,543 | 3,498 | 3,582 | 3,656 | 3,714 |
| 10-14 | 4,079 | 3,902 | 3,610 | 3,564 | 3,639 | 3,841 |
| 15-19 | 3,721 | 3,658 | 3,434 | 3,183 | 3,135 | 3,326 |
| 20-24 | 2,539 | 3,006 | 2,895 | 2,730 | 2,527 | 2,606 |
| 25-29 | 2,819 | 2,912 | 3,417 | 3,293 | 3,092 | 2,937 |
| 30-34 | 3,558 | 3,084 | 3,137 | 3,684 | 3,540 | 3,428 |
| 35-39 | 4,558 | 3,579 | 3,047 | 3,105 | 3,646 | 3,623 |
| 40-44 | 4,888 | 4,425 | 3,414 | 2,909 | 2,955 | 3,599 |
| 45-49 | 4,685 | 5,181 | 4,612 | 3,557 | 3,017 | 3,166 |
| 50-54 | 4,299 | 5,470 | 5,896 | 5,163 | 3,967 | 3,466 |
| 55-59 | 3,362 | 5,318 | 6,506 | 6,758 | 5,896 | 4,666 |
| 60-64 | 2,548 | 4,076 | 6,202 | 7,316 | 7,578 | 6,817 |
| 65-69 | 2,303 | 2,724 | 4,302 | 6,567 | 7,761 | 8,300 |
| 70-74 | 2,202 | 2,059 | 2,389 | 3,786 | 5,816 | 7,095 |
| 75-79 | 1,835 | 1,878 | 1,720 | 2,000 | 3,271 | 5,113 |
| 80-84 | 1,183 | 1,402 | 1,400 | 1,282 | 1,619 | 2,580 |
| 85+ | 973 | 1,089 | 1,222 | 1,267 | 1,481 | 1,671 |
| Total | 56,325 | 60,312 | 63,775 | 66,892 | 69,699 | 72,990 |
| | | | | | | |
| 5-14 | 7,849 | 7,445 | 7,108 | 7,146 | 7,295 | 7,555 |
| 15-24 | 6,260 | 6,664 | 6,329 | 5,913 | 5,662 | 5,932 |
| 25-64 | 30,717 | 34,045 | 36,231 | 35,785 | 33,691 | 31,702 |
| 65+ | 8,496 | 9,152 | 11,033 | 14,902 | 19,948 | 24,759 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|--------|--------|--------|--------|--------|--------|
| Population Projections | | | | | | |
| Published - December 2002 | | | | | | |
| v. Dec 5, 2002 | | | | | | |
| | Census | | | | | |
| | 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Carroll Co. | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 2,096 | 2,037 | 2,031 | 2,138 | 2,178 | 2,142 |
| 05-09 | 2,711 | 2,416 | 2,348 | 2,372 | 2,448 | 2,624 |
| 10-14 | 3,220 | 2,912 | 2,594 | 2,557 | 2,529 | 2,755 |
| 15-19 | 2,721 | 3,007 | 2,720 | 2,464 | 2,369 | 2,495 |
| 20-24 | 1,454 | 1,795 | 1,984 | 1,838 | 1,607 | 1,685 |
| 25-29 | 1,927 | 1,861 | 2,298 | 2,570 | 2,337 | 2,138 |
| 30-34 | 2,540 | 2,182 | 2,108 | 2,642 | 2,894 | 2,770 |
| 35-39 | 3,326 | 2,478 | 2,128 | 2,085 | 2,551 | 2,969 |
| 40-44 | 3,781 | 3,101 | 2,310 | 2,018 | 1,924 | 2,508 |
| 45-49 | 3,608 | 4,073 | 3,347 | 2,533 | 2,165 | 2,171 |
| 50-54 | 3,420 | 4,439 | 4,938 | 3,979 | 2,949 | 2,649 |
| 55-59 | 2,748 | 4,616 | 5,788 | 6,061 | 4,784 | 3,717 |
| 60-64 | 2,325 | 3,579 | 5,805 | 6,861 | 7,035 | 5,837 |
| 65-69 | 2,256 | 2,840 | 4,256 | 6,547 | 7,581 | 8,190 |
| 70-74 | 2,080 | 2,101 | 2,640 | 4,009 | 6,055 | 7,468 |
| 75-79 | 1,629 | 1,823 | 1,838 | 2,348 | 3,489 | 5,605 |
| 80-84 | 979 | 1,110 | 1,245 | 1,285 | 1,660 | 2,600 |
| 85+ | 845 | 823 | 885 | 1,016 | 1,211 | 1,526 |
| Total | 43,666 | 47,193 | 51,263 | 55,323 | 57,766 | 61,849 |
| | | | | | | |
| 5-14 | 5,931 | 5,328 | 4,942 | 4,929 | 4,977 | 5,379 |
| 15-24 | 4,175 | 4,802 | 4,704 | 4,302 | 3,976 | 4,180 |
| 25-64 | 23,675 | 26,329 | 28,722 | 28,749 | 26,639 | 24,759 |
| 65+ | 7,789 | 8,697 | 10,864 | 15,205 | 19,996 | 25,389 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|--------|--------|--------|--------|----------------|
| Population Projections | | | | | | v. Dec 5, 2002 |
| Published - December 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Cheshire | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 3,822 | 3,533 | 3,752 | 4,046 | 4,129 | 3,963 |
| 05-09 | 4,769 | 4,213 | 3,851 | 4,143 | 4,447 | 4,616 |
| 10-14 | 5,436 | 4,912 | 4,288 | 3,971 | 4,250 | 4,645 |
| 15-19 | 6,304 | 6,671 | 6,110 | 5,596 | 5,280 | 5,623 |
| 20-24 | 5,540 | 6,545 | 6,875 | 6,349 | 5,769 | 5,496 |
| 25-29 | 3,730 | 4,487 | 5,519 | 5,952 | 5,349 | 4,805 |
| 30-34 | 4,482 | 4,008 | 4,773 | 5,955 | 6,393 | 5,841 |
| 35-39 | 5,698 | 4,547 | 4,016 | 4,850 | 6,019 | 6,584 |
| 40-44 | 6,023 | 5,310 | 4,179 | 3,746 | 4,495 | 5,691 |
| 45-49 | 5,879 | 6,394 | 5,575 | 4,445 | 3,961 | 4,840 |
| 50-54 | 5,133 | 6,169 | 6,634 | 5,862 | 4,644 | 4,213 |
| 55-59 | 3,874 | 5,366 | 6,373 | 6,947 | 6,106 | 4,928 |
| 60-64 | 3,049 | 4,329 | 5,853 | 6,827 | 7,403 | 6,628 |
| 65-69 | 2,730 | 3,145 | 4,386 | 5,937 | 6,917 | 7,644 |
| 70-74 | 2,576 | 2,577 | 2,927 | 4,150 | 5,634 | 6,662 |
| 75-79 | 2,036 | 2,130 | 2,096 | 2,422 | 3,503 | 4,795 |
| 80-84 | 1,466 | 1,537 | 1,580 | 1,578 | 1,967 | 2,771 |
| 85+ | 1,278 | 1,453 | 1,530 | 1,628 | 2,002 | 2,208 |
| Total | 73,825 | 77,326 | 80,317 | 84,404 | 88,268 | 91,953 |
| | | | | | | |
| 5-14 | 10,205 | 9,125 | 8,139 | 8,114 | 8,697 | 9,261 |
| 15-24 | 11,844 | 13,216 | 12,985 | 11,945 | 11,049 | 11,119 |
| 25-64 | 37,868 | 40,610 | 42,922 | 44,584 | 44,370 | 43,530 |
| 65+ | 10,086 | 10,842 | 12,519 | 15,715 | 20,023 | 24,080 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|------------------------|---------------------------|--------|--------|--------|----------------|
| Coos | Population Projections | | | | | v. Dec 5, 2002 |
| | Census 2000 | Published - December 2002 | | | | |
| | | 2005 | 2010 | 2015 | 2020 | |
| | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 1,676 | 1,609 | 1,509 | 1,436 | 1,369 | 1,304 |
| 05-09 | 2,072 | 1,862 | 1,760 | 1,776 | 1,678 | 1,631 |
| 10-14 | 2,344 | 2,063 | 1,818 | 1,864 | 1,868 | 1,802 |
| 15-19 | 2,195 | 2,009 | 1,735 | 1,685 | 1,712 | 1,758 |
| 20-24 | 1,366 | 1,412 | 1,259 | 1,228 | 1,175 | 1,233 |
| 25-29 | 1,624 | 1,479 | 1,505 | 1,446 | 1,398 | 1,360 |
| 30-34 | 1,984 | 1,724 | 1,542 | 1,693 | 1,611 | 1,593 |
| 35-39 | 2,449 | 1,895 | 1,618 | 1,577 | 1,716 | 1,672 |
| 40-44 | 2,786 | 2,302 | 1,748 | 1,627 | 1,570 | 1,749 |
| 45-49 | 2,684 | 3,105 | 2,527 | 2,061 | 1,901 | 1,872 |
| 50-54 | 2,316 | 2,918 | 3,323 | 2,911 | 2,357 | 2,220 |
| 55-59 | 1,899 | 2,301 | 2,847 | 3,520 | 3,054 | 2,527 |
| 60-64 | 1,603 | 1,891 | 2,246 | 3,016 | 3,698 | 3,282 |
| 65-69 | 1,571 | 1,642 | 1,906 | 2,455 | 3,298 | 4,129 |
| 70-74 | 1,556 | 1,396 | 1,431 | 1,817 | 2,345 | 3,195 |
| 75-79 | 1,289 | 1,308 | 1,148 | 1,297 | 1,707 | 2,200 |
| 80-84 | 894 | 980 | 970 | 948 | 1,149 | 1,454 |
| 85+ | 803 | 878 | 928 | 1,092 | 1,370 | 1,512 |
| Total | 33,111 | 32,774 | 31,820 | 33,449 | 34,976 | 36,493 |
| | | | | | | |
| 5-14 | 4,416 | 3,925 | 3,578 | 3,640 | 3,546 | 3,433 |
| 15-24 | 3,561 | 3,421 | 2,994 | 2,913 | 2,887 | 2,991 |
| 25-64 | 17,345 | 17,615 | 17,356 | 17,851 | 17,305 | 16,275 |
| 65+ | 6,113 | 6,204 | 6,383 | 7,609 | 9,869 | 12,490 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|--------|--------|--------|--------|---------|
| Population Projections | | | | | | |
| Published - December 2002 | | | | | | |
| v. Dec 5, 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Grafton | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 4,215 | 3,877 | 4,058 | 4,261 | 4,261 | 4,114 |
| 05-09 | 4,839 | 4,549 | 4,171 | 4,315 | 4,565 | 4,674 |
| 10-14 | 5,533 | 4,968 | 4,655 | 4,218 | 4,401 | 4,771 |
| 15-19 | 7,181 | 7,349 | 6,814 | 6,472 | 6,116 | 6,392 |
| 20-24 | 7,175 | 7,894 | 8,058 | 7,429 | 7,098 | 6,812 |
| 25-29 | 4,670 | 4,978 | 5,723 | 5,830 | 5,213 | 4,976 |
| 30-34 | 5,022 | 5,012 | 5,331 | 6,080 | 6,242 | 5,698 |
| 35-39 | 5,781 | 4,695 | 4,668 | 4,900 | 5,641 | 5,951 |
| 40-44 | 6,593 | 5,431 | 4,391 | 4,307 | 4,565 | 5,398 |
| 45-49 | 6,434 | 7,000 | 5,747 | 4,592 | 4,540 | 4,928 |
| 50-54 | 5,677 | 7,174 | 7,735 | 6,259 | 5,038 | 5,099 |
| 55-59 | 4,300 | 6,567 | 8,197 | 8,411 | 6,855 | 5,649 |
| 60-64 | 3,350 | 4,892 | 7,328 | 8,760 | 9,057 | 7,558 |
| 65-69 | 2,961 | 3,540 | 5,110 | 7,457 | 9,050 | 9,585 |
| 70-74 | 2,740 | 2,792 | 3,324 | 4,733 | 7,062 | 8,732 |
| 75-79 | 2,313 | 2,473 | 2,502 | 2,937 | 4,418 | 6,591 |
| 80-84 | 1,576 | 1,758 | 1,870 | 1,857 | 2,445 | 3,508 |
| 85+ | 1,383 | 1,555 | 1,721 | 1,810 | 2,274 | 2,605 |
| Total | 81,743 | 86,504 | 91,403 | 94,628 | 98,841 | 103,041 |
| | | | | | | |
| 5-14 | 10,372 | 9,517 | 8,826 | 8,533 | 8,966 | 9,445 |
| 15-24 | 14,356 | 15,243 | 14,872 | 13,901 | 13,214 | 13,204 |
| 25-64 | 41,827 | 45,749 | 49,120 | 49,139 | 47,151 | 45,257 |
| 65+ | 10,973 | 12,118 | 14,527 | 18,794 | 25,249 | 31,021 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|---------|---------|---------|---------|----------------|
| Population Projections | | | | | | v. Dec 5, 2002 |
| Published - December 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Hillsborough | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 25,739 | 24,531 | 24,336 | 25,691 | 27,443 | 28,473 |
| 05-09 | 29,120 | 30,069 | 28,582 | 28,146 | 29,472 | 31,512 |
| 10-14 | 29,465 | 32,194 | 33,141 | 31,262 | 30,523 | 31,985 |
| 15-19 | 25,118 | 28,462 | 30,881 | 31,471 | 29,468 | 28,836 |
| 20-24 | 20,064 | 23,135 | 26,074 | 27,995 | 28,236 | 26,497 |
| 25-29 | 24,588 | 22,864 | 26,599 | 30,012 | 32,117 | 32,444 |
| 30-34 | 29,856 | 26,602 | 24,669 | 28,492 | 31,869 | 34,146 |
| 35-39 | 35,746 | 31,277 | 27,792 | 25,565 | 29,255 | 32,749 |
| 40-44 | 34,514 | 35,755 | 31,186 | 27,470 | 25,027 | 28,675 |
| 45-49 | 29,140 | 33,472 | 34,566 | 29,877 | 26,055 | 23,766 |
| 50-54 | 25,581 | 29,728 | 34,043 | 34,862 | 29,849 | 26,054 |
| 55-59 | 18,117 | 25,820 | 29,922 | 33,978 | 34,466 | 29,538 |
| 60-64 | 13,267 | 18,690 | 26,554 | 30,517 | 34,325 | 34,859 |
| 65-69 | 11,021 | 13,059 | 18,382 | 25,937 | 29,695 | 33,433 |
| 70-74 | 10,037 | 9,726 | 11,471 | 15,988 | 22,581 | 25,713 |
| 75-79 | 8,450 | 8,458 | 8,151 | 9,502 | 13,599 | 18,813 |
| 80-84 | 5,961 | 6,763 | 6,734 | 6,405 | 8,080 | 10,870 |
| 85+ | 5,057 | 5,815 | 6,574 | 6,729 | 7,901 | 8,369 |
| Total | 380,841 | 406,420 | 429,657 | 449,899 | 469,961 | 486,732 |
| 5-14 | 58,585 | 62,263 | 61,723 | 59,408 | 59,995 | 63,497 |
| 15-24 | 45,182 | 51,597 | 56,955 | 59,466 | 57,704 | 55,333 |
| 25-64 | 210,809 | 224,208 | 235,331 | 240,773 | 242,963 | 242,231 |
| 65+ | 40,526 | 43,821 | 51,312 | 64,561 | 81,856 | 97,198 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|---------|---------|---------|---------|----------------|
| Population Projections | | | | | | v. Dec 5, 2002 |
| Published - December 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Merrimack | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 8,112 | 7,714 | 7,981 | 8,601 | 8,899 | 8,824 |
| 05-09 | 9,621 | 9,470 | 8,985 | 9,218 | 9,844 | 10,376 |
| 10-14 | 10,374 | 10,335 | 10,150 | 9,547 | 9,695 | 10,560 |
| 15-19 | 9,670 | 10,576 | 10,512 | 10,251 | 9,596 | 9,937 |
| 20-24 | 7,220 | 8,745 | 9,463 | 9,317 | 8,994 | 8,645 |
| 25-29 | 7,450 | 7,639 | 9,575 | 10,410 | 10,140 | 9,887 |
| 30-34 | 9,452 | 8,187 | 8,376 | 10,420 | 11,226 | 11,146 |
| 35-39 | 12,035 | 9,398 | 8,125 | 8,232 | 10,119 | 11,144 |
| 40-44 | 12,736 | 11,819 | 9,187 | 7,857 | 7,876 | 9,906 |
| 45-49 | 11,243 | 13,529 | 12,515 | 9,610 | 8,115 | 8,299 |
| 50-54 | 9,557 | 12,155 | 14,581 | 13,363 | 10,154 | 8,748 |
| 55-59 | 6,847 | 10,548 | 13,406 | 15,966 | 14,482 | 11,198 |
| 60-64 | 4,985 | 7,002 | 10,774 | 13,571 | 15,987 | 14,809 |
| 65-69 | 4,455 | 5,200 | 7,320 | 11,204 | 14,076 | 16,931 |
| 70-74 | 4,092 | 4,235 | 4,925 | 6,859 | 10,491 | 13,365 |
| 75-79 | 3,461 | 3,772 | 3,889 | 4,470 | 6,366 | 9,737 |
| 80-84 | 2,391 | 2,531 | 2,742 | 2,785 | 3,448 | 4,757 |
| 85+ | 2,524 | 2,651 | 2,774 | 2,902 | 3,799 | 4,152 |
| Total | 136,225 | 145,506 | 155,280 | 164,583 | 173,307 | 182,421 |
| | | | | | | |
| 5-14 | 19,995 | 19,805 | 19,135 | 18,765 | 19,539 | 20,936 |
| 15-24 | 16,890 | 19,321 | 19,975 | 19,568 | 18,590 | 18,582 |
| 25-64 | 74,305 | 80,277 | 86,539 | 89,429 | 88,099 | 85,137 |
| 65+ | 16,923 | 18,389 | 21,650 | 28,220 | 38,180 | 48,942 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|---------|---------|---------|---------|----------------|
| Population Projections | | | | | | v. Dec 5, 2002 |
| Published - December 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Rockinham | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 18,100 | 16,697 | 15,326 | 15,727 | 16,755 | 17,358 |
| 05-09 | 21,398 | 21,323 | 19,806 | 18,085 | 18,377 | 19,822 |
| 10-14 | 22,001 | 23,561 | 23,655 | 21,852 | 19,744 | 20,331 |
| 15-19 | 17,610 | 20,146 | 21,766 | 21,712 | 19,809 | 18,197 |
| 20-24 | 11,403 | 13,545 | 15,657 | 16,777 | 16,477 | 15,327 |
| 25-29 | 15,125 | 12,727 | 15,249 | 17,543 | 18,613 | 18,531 |
| 30-34 | 21,189 | 16,747 | 14,209 | 16,926 | 19,265 | 20,709 |
| 35-39 | 27,288 | 22,032 | 17,536 | 14,779 | 17,413 | 20,101 |
| 40-44 | 27,385 | 27,399 | 22,303 | 17,646 | 14,707 | 17,582 |
| 45-49 | 23,179 | 26,975 | 27,220 | 22,012 | 17,204 | 14,547 |
| 50-54 | 20,166 | 24,473 | 28,708 | 28,813 | 23,046 | 18,247 |
| 55-59 | 14,192 | 21,119 | 25,830 | 30,121 | 29,884 | 24,234 |
| 60-64 | 10,236 | 15,392 | 23,091 | 28,108 | 32,423 | 32,621 |
| 65-69 | 8,400 | 11,493 | 17,268 | 25,175 | 30,391 | 35,523 |
| 70-74 | 7,149 | 7,655 | 10,568 | 15,772 | 22,818 | 27,935 |
| 75-79 | 5,649 | 5,969 | 6,438 | 8,815 | 13,174 | 19,230 |
| 80-84 | 3,723 | 4,249 | 4,532 | 4,829 | 6,818 | 10,079 |
| 85+ | 3,166 | 3,471 | 3,968 | 4,269 | 5,226 | 6,424 |
| Total | 277,359 | 294,973 | 313,130 | 328,961 | 342,144 | 356,798 |
| | | | | | | |
| 5-14 | 43,399 | 44,884 | 43,461 | 39,937 | 38,121 | 40,153 |
| 15-24 | 29,013 | 33,691 | 37,423 | 38,489 | 36,286 | 33,524 |
| 25-64 | 158,760 | 166,864 | 174,146 | 175,948 | 172,555 | 166,572 |
| 65+ | 28,087 | 32,837 | 42,774 | 58,860 | 78,427 | 99,191 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|---------|---------|---------|---------|---------|
| Population Projections | | | | | | |
| Published - December 2002 | | | | | | |
| v. Dec 5, 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Strafford | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 6,664 | 6,128 | 6,225 | 6,402 | 6,503 | 6,463 |
| 05-09 | 7,531 | 7,315 | 6,796 | 6,899 | 7,055 | 7,239 |
| 10-14 | 7,825 | 7,628 | 7,491 | 6,954 | 7,017 | 7,255 |
| 15-19 | 9,605 | 10,475 | 10,376 | 10,241 | 9,696 | 9,833 |
| 20-24 | 10,256 | 9,691 | 10,720 | 10,599 | 10,392 | 9,825 |
| 25-29 | 7,250 | 8,623 | 8,125 | 9,218 | 9,035 | 8,917 |
| 30-34 | 8,000 | 7,232 | 8,702 | 8,195 | 9,248 | 9,165 |
| 35-39 | 9,568 | 8,131 | 7,425 | 8,935 | 8,358 | 9,536 |
| 40-44 | 9,471 | 9,828 | 8,439 | 7,702 | 9,213 | 8,715 |
| 45-49 | 7,965 | 9,984 | 10,470 | 8,986 | 8,149 | 9,855 |
| 50-54 | 6,726 | 8,029 | 10,173 | 10,662 | 9,094 | 8,340 |
| 55-59 | 5,020 | 6,678 | 8,062 | 10,214 | 10,638 | 9,171 |
| 60-64 | 3,759 | 4,751 | 6,386 | 7,708 | 9,693 | 10,219 |
| 65-69 | 3,638 | 3,989 | 5,047 | 6,665 | 8,033 | 10,210 |
| 70-74 | 3,122 | 3,125 | 3,468 | 4,387 | 5,804 | 7,050 |
| 75-79 | 2,632 | 2,740 | 2,772 | 3,073 | 3,986 | 5,254 |
| 80-84 | 1,732 | 1,946 | 2,052 | 2,073 | 2,452 | 3,079 |
| 85+ | 1,469 | 1,667 | 1,921 | 2,096 | 2,553 | 2,747 |
| Total | 112,233 | 117,960 | 124,650 | 131,009 | 136,919 | 142,873 |
| | | | | | | |
| 5-14 | 15,356 | 14,943 | 14,287 | 13,853 | 14,072 | 14,494 |
| 15-24 | 19,861 | 20,166 | 21,096 | 20,840 | 20,088 | 19,658 |
| 25-64 | 57,759 | 63,256 | 67,782 | 71,620 | 73,428 | 73,918 |
| 65+ | 12,593 | 13,467 | 15,260 | 18,294 | 22,828 | 28,340 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|--------|--------|--------|--------|--------|
| Population Projections | | | | | | |
| Published - December 2002 | | | | | | |
| v. Dec 5, 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| Sullivan | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 2,258 | 2,170 | 2,136 | 2,128 | 2,079 | 2,017 |
| 05-09 | 2,706 | 2,500 | 2,430 | 2,407 | 2,388 | 2,379 |
| 10-14 | 2,978 | 2,786 | 2,608 | 2,553 | 2,517 | 2,550 |
| 15-19 | 2,563 | 2,537 | 2,411 | 2,278 | 2,218 | 2,242 |
| 20-24 | 1,749 | 1,897 | 1,908 | 1,830 | 1,716 | 1,720 |
| 25-29 | 2,172 | 2,032 | 2,228 | 2,257 | 2,154 | 2,058 |
| 30-34 | 2,623 | 2,526 | 2,390 | 2,634 | 2,659 | 2,587 |
| 35-39 | 3,205 | 2,737 | 2,665 | 2,537 | 2,785 | 2,869 |
| 40-44 | 3,348 | 2,906 | 2,518 | 2,472 | 2,343 | 2,632 |
| 45-49 | 3,300 | 3,478 | 3,055 | 2,665 | 2,602 | 2,516 |
| 50-54 | 2,994 | 3,623 | 3,863 | 3,418 | 2,965 | 2,950 |
| 55-59 | 2,305 | 3,396 | 4,124 | 4,353 | 3,833 | 3,390 |
| 60-64 | 1,873 | 2,606 | 3,826 | 4,542 | 4,770 | 4,286 |
| 65-69 | 1,808 | 2,102 | 2,911 | 4,163 | 4,942 | 5,300 |
| 70-74 | 1,630 | 1,664 | 1,961 | 2,737 | 3,927 | 4,746 |
| 75-79 | 1,299 | 1,254 | 1,299 | 1,547 | 2,200 | 3,192 |
| 80-84 | 914 | 1,019 | 998 | 1,040 | 1,309 | 1,830 |
| 85+ | 733 | 858 | 993 | 1,043 | 1,247 | 1,441 |
| Total | 40,458 | 42,091 | 44,324 | 46,604 | 48,654 | 50,705 |
| 5-14 | 5,684 | 5,286 | 5,038 | 4,960 | 4,905 | 4,929 |
| 15-24 | 4,312 | 4,434 | 4,319 | 4,108 | 3,934 | 3,962 |
| 25-64 | 21,820 | 23,304 | 24,669 | 24,878 | 24,111 | 23,288 |
| 65+ | 6,384 | 6,897 | 8,162 | 10,530 | 13,625 | 16,509 |

These projections are also available with gender detail

| New Hampshire Office of State Planning | | | | | | |
|--|----------------|-----------|-----------|-----------|-----------|-----------|
| Population Projections | | | | | | |
| Published - December 2002 | | | | | | |
| v. Dec 5, 2002 | | | | | | |
| | Census 2000 | 2005 | 2010 | 2015 | 2020 | 2025 |
| N.H. | ----- | ----- | ----- | ----- | ----- | ----- |
| 00-04 | 75,685 | 71,302 | 70,428 | 73,576 | 76,719 | 77,700 |
| 05-09 | 88,537 | 87,260 | 82,227 | 80,943 | 83,930 | 88,587 |
| 10-14 | 93,255 | 95,261 | 94,010 | 88,342 | 86,183 | 90,495 |
| 15-19 | 86,688 | 94,890 | 96,759 | 95,353 | 89,399 | 88,639 |
| 20-24 | 68,766 | 77,665 | 84,893 | 86,092 | 83,991 | 79,846 |
| 25-29 | 71,355 | 69,602 | 80,238 | 88,531 | 89,448 | 88,053 |
| 30-34 | 88,706 | 77,304 | 75,237 | 86,721 | 94,947 | 97,083 |
| 35-39 | 109,654 | 90,769 | 79,020 | 76,565 | 87,503 | 97,198 |
| 40-44 | 111,525 | 108,276 | 89,675 | 77,754 | 74,675 | 86,455 |
| 45-49 | 98,117 | 113,191 | 109,634 | 90,338 | 77,709 | 75,960 |
| 50-54 | 85,869 | 104,178 | 119,894 | 115,292 | 94,063 | 81,986 |
| 55-59 | 62,664 | 91,729 | 111,055 | 126,329 | 119,998 | 99,018 |
| 60-64 | 46,995 | 67,208 | 98,065 | 117,226 | 131,969 | 126,916 |
| 65-69 | 41,143 | 49,734 | 70,888 | 102,107 | 121,744 | 139,245 |
| 70-74 | 37,184 | 37,330 | 45,104 | 64,238 | 92,533 | 111,961 |
| 75-79 | 30,593 | 31,805 | 31,853 | 38,411 | 55,713 | 80,530 |
| 80-84 | 20,819 | 23,295 | 24,123 | 24,082 | 30,947 | 43,528 |
| 85+ | 18,231 | 20,260 | 22,516 | 23,852 | 29,064 | 32,655 |
| Total | 1,235,786 | 1,311,059 | 1,385,619 | 1,455,752 | 1,520,535 | 1,585,855 |
| 5-14 | 181,792 | 182,521 | 176,237 | 169,285 | 170,113 | 179,082 |
| 15-24 | 155,454 | 172,555 | 181,652 | 181,445 | 173,390 | 168,485 |
| 25-64 | 674,885 | 722,257 | 762,818 | 778,756 | 770,312 | 752,669 |
| 65+ | 147,970 | 162,424 | 194,484 | 252,690 | 330,001 | 407,919 |

These projections are also available with gender detail
Shaded area, designates post war baby boom